

SHRIMP IN THE SHELL WITH HERBS AND LEMON OIL

Yield: 6–8 Servings



TOTAL TIME: 50 minutes

INGREDIENTS

- 1 lb. Wild-Caught E-Z Peel Gulf Brown Shrimp (16–20 count)
- 4 Tbsp. Wegmans Basting Oil, divided
- 1 Tbsp. Italian Classics Sicilian Lemon Extra-Virgin Olive Oil
- 1 tsp. lemon pepper seasoning
- Salt and pepper to taste

PREPARATION

Preheat oven to 450 degrees.

1. Toss shrimp with 3 Tbsp. basting oil; season with salt and pepper. Arrange in single layer on 2 baking sheets.
3. Bake about 9 min. until internal temp reaches 130 degrees; check by inserting thermometer halfway into thickest part of shrimp. Chill shrimp 5–10 min. Peel while still lukewarm.
4. Toss with remaining 1 Tbsp. basting oil and lemon oil, lemon pepper; season to taste with salt and pepper. Arrange on platter.

NUTRITION

Per serving: Calories: 160; Fat: 10 g (1 g saturated fat); Cholesterol: 115 mg; Carbohydrates: 1 g; Fiber 0 g; Protein: 16 g; Sodium: 120 mg.

Recipe courtesy of Wegmans